

Fasting & Ketosis

URL for this document: <https://tinyurl.com/ycxqfrhv>

❖ See also: [Food Combining](#)

Fasting, wherein a person abstains from eating for a period of time, can allow the body to fully digest existing food and then get to work dedicating resources to cleaning up and healing the body, as with [autophagy](#), once freed from digestion. It can have important benefits, including the breakdown of pathogens in the body, and [starving cancer](#). The primary fuels for cancer are glucose and glutamine. Nutritional ketosis starves cancer of glucose, while fasting and other methods can target glutamine.

Ketosis, is when the body is getting its fuel primarily from fat, as well as low starch veggies, moderate protein, and minimal sugar. Sugar feeds pathogens, whereas fat not so much, while fat burns longer and smoother for a steady energy derived. It's important not to combine high sugar with high fat. It's one or the other, for a healthy system. And don't neglect the healthy foods like green leafy vegetables.

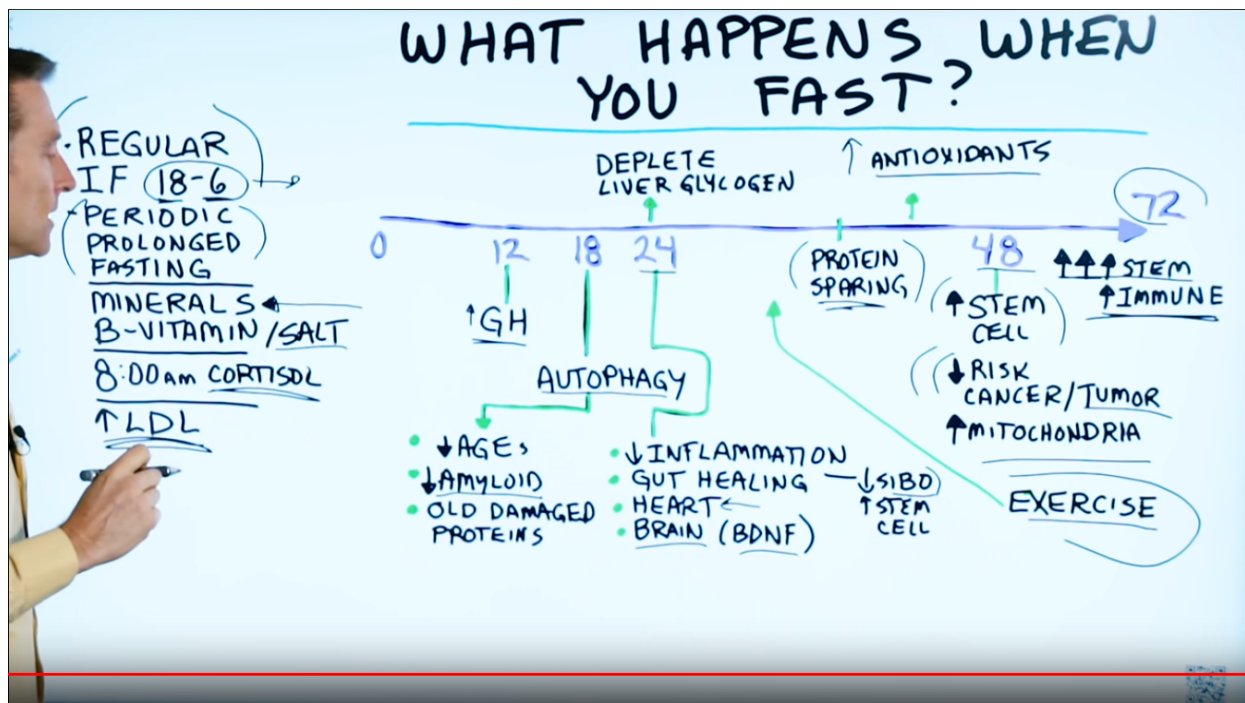


Examples of what to eat would be:

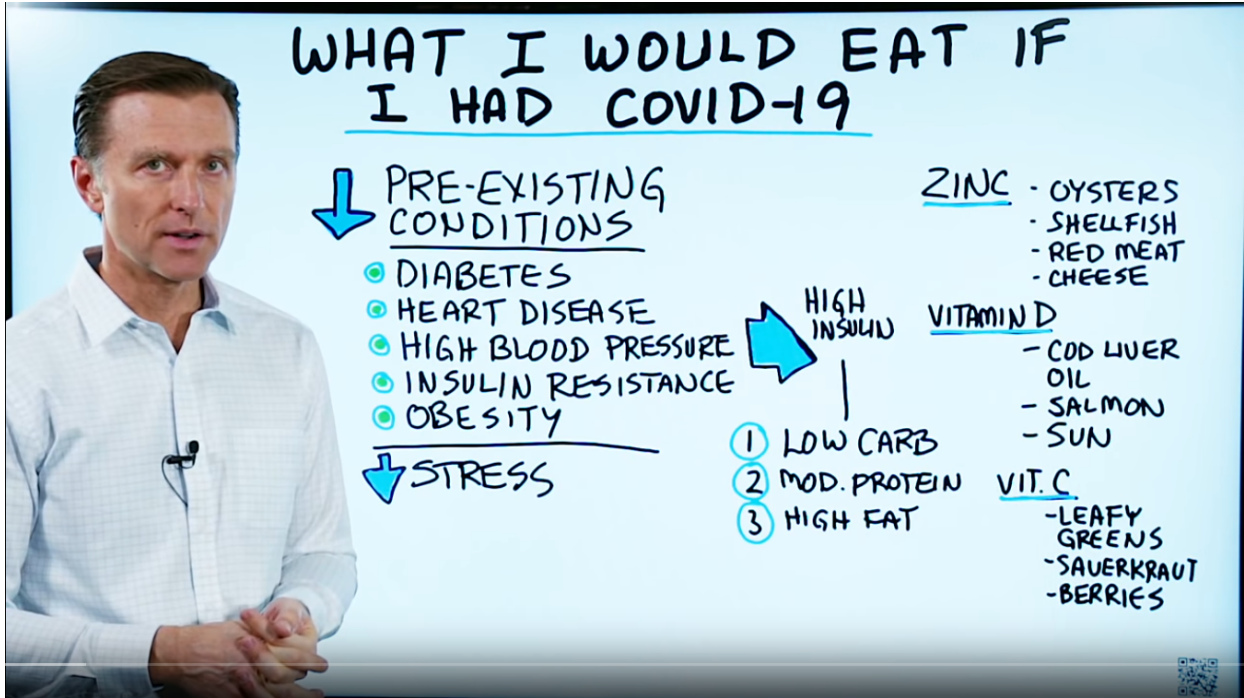
- **avocados,**
- **eggs,**
- **[dairy](#),**
- **chia seeds (best fat source),**
- **hemp seeds (one of the best protein sources),**
- **nuts (brazil, almond, etc.),**
- **olives,**
- **coconut (oil),**
- **veggies (cauliflower, peppers, tomatoes),**
- **mushrooms,**
- **greens (kale, spinach, broccoli, asparagus, arugula, brussel sprouts, wheatgrass, etc.),**

- fermented veggies (kimchi, sauerkraut),
- salads with oil & vinegar,
- nutritional yeast,
- bee pollen,
- [protein blender drinks](#),
- [natural salt](#) (Himalayan, sea salt),
- and other healthy stuff, of low glycemic index (low sugar).

- The 8/16 rule. For every 24 hour period, it may be ideal to do all eating within an 8 hour window, giving the body 16 hours for digestion, cleansing, and repair.
- Note that it could make sense to ease the transition from running on predominantly sugars to predominantly fats, gradually shifting over a number of days, if you wish to avoid the possibility of drawbacks that a cold turkey denial of sugar addiction could cause. [1]
- If you wish to include some small amount of sugar based food, such as during a transition period, I recommend fruit (especially berries, in particular [camu camu](#)) for breakfast. Breakfast, I believe, is the best time for sugar, if incorporating into the diet. Please note [food combining](#) rules with fruit though, and allow 2 to 3 hours for digestion afterward.
- Note also that if you are acutely infected with a virus, you may wish to avoid extended periods of fasting, such as water fasting for entire days, and just stick to time restricted eating, where you are still consuming selective food every day, as with the 8/16 rule and food combining. [2]



- [Dr. Eric Berg – Fasting overview](#)
- [Dr. Berg – Introduction to the Ketogenic Diet](#)
- [Dr. Berg – Intermittent fasting for Beginners](#)
- [Dr. Berg – Proven Benefits of Prolonged Fasting & 7 Things to Know](#)
- [Dr. Berg – Insulin resistance of the brain \(caused largely by too much sugar\)](#)



WHAT I WOULD EAT IF I HAD COVID-19

↓ PRE-EXISTING CONDITIONS

- DIABETES
- HEART DISEASE
- HIGH BLOOD PRESSURE
- INSULIN RESISTANCE
- OBESITY

↓ STRESS

HIGH INSULIN

- 1 LOW CARB
- 2 MOD. PROTEIN
- 3 HIGH FAT

ZINC

- OYSTERS
- SHELLFISH
- RED MEAT
- CHEESE

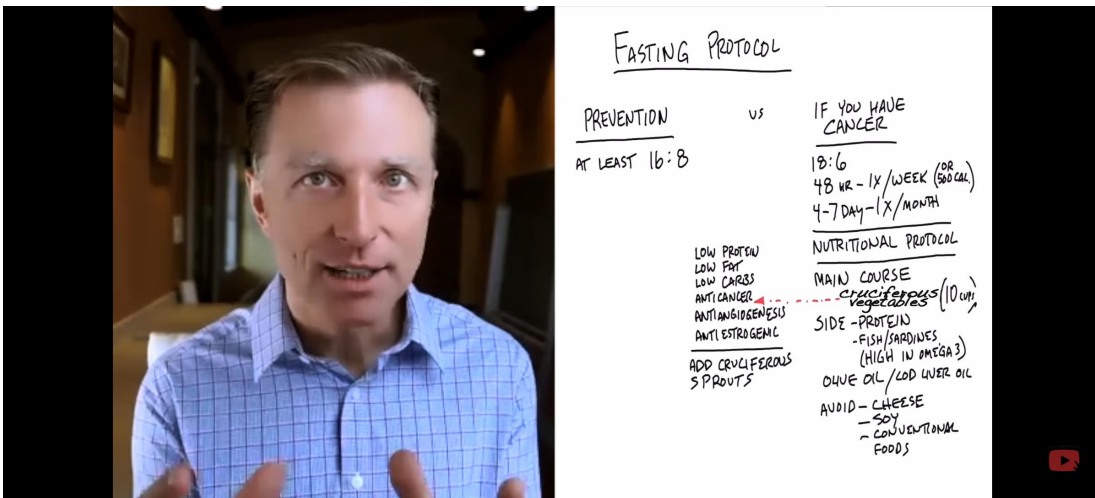
VITAMIN D

- COD LIVER OIL
- SALMON
- SUN

VIT. C

- LEAFY GREENS
- SAUERKRAUT
- BERRIES

- [Dr. Berg – Coronavirus diet](#)
- [Diet Doctor – Keto & COVID-19](#)
- [Diet Doctor – Fasting & COVID-19](#)



FASTING PROTOCOL

PREVENTION	VS	IF YOU HAVE CANCER
AT LEAST 16:8		18:6 48 HR - 1X/WEEK (500 CAL) 4-7 DAY - 1X/MONTH
LOW PROTEIN LOW FAT LOW CARBS ANTICANCER ANTIANGIOGENESIS ANTIESTROGENIC ADD CRUCIFEROUS SPROUTS		NUTRITIONAL PROTOCOL MAIN COURSE CRUCIFEROUS Vegetables (10cm) SIDE - PROTEIN - FISH/SARDINES (HIGH IN OMEGA 3) OLIVE OIL / COD LIVER OIL AVOID - CHEESE - SOY - CONVENTIONAL FOODS

- Dr. Berg's advice on beating cancer through fasting – <https://youtu.be/hlkhGTGOgaY>

- Testimony of Fred Evrard who beat cancer through (wheatgrass) fasting – <https://youtu.be/v2GYRmltz4g>
- Testimony of Guy Tenenbaum who beat stage 4 cancer through fasting – <https://youtu.be/wiGVsUtCZwI>
- Guy Tenenbaum's free ebook – <https://www.amazon.com/gp/aw/d/B09GLBWBY>
- [Gabriel Cousens – Articles on health & spiritually oriented fasting](#)
- [World's largest study on fasting \(2020\)](#)
- [The Science of Fasting – Documentary](#)
- Dr. Thomas Seyfried on nutritional ketosis as a way to starve cancer
 - <https://www.youtube.com/watch?v=KjdAtauO2cA>
 - <https://tomseyfried.com>